Effects of Verbal Bullying

Kids who are verbally bullied can experience negative physical, school, and mental health issues.

**Verbal bullying can lead to:**

* Low self-esteem
* Problems concentrating
* Feeling sad
* Being forgetful
* Losing interest in activities they enjoyed
* Trouble sleeping
* Sudden drop in grades or failing a class
* Skipping school or class
* Becoming quiet or withdrawn from friends